

# KEEP YOUR FOOD SAFE DURING POWER OUTAGES



Keep the refrigerator and freezer doors closed as much as possible.



A **refrigerator** will keep food cold for about **4 hours** if the door is kept closed.



A **full freezer** will hold its temperature for about **48 hours** (24 hours if half-full).



If the power has been out more than **4 hours**, throw out refrigerated foods—including meat, poultry, fish, eggs and milk.



Once power is restored, use appliance thermometers to keep the freezer at **0 °F or below**, and the refrigerator at **40 °F or below**.



Use dry ice or freeze containers of water and gel packs to help keep food cold if the power goes out.

**WHEN IN DOUBT, THROW IT OUT.**

